MFLC Presentation	Category	Target Age Group	Description
WIFEC Presentation	Category	Group	Description
A Guide to Helping Children Manage Anger	Children and Youth	Adult	From this presentation, parents will learn how to recognize and address children's anger issues with a series of coping strategies and activities. The ultimate goal is to teach parents how to create a calming, structured environment that will help curtail anger management issues.
Anger Management	Marriage and Relationships	Adult	This presentation is geared towards adults who need help managing anger. Topics include defining anger, identifying one's "anger style," increasing self control through personal awareness, practicing techniques to manage one's own anger, and adopting new strategies to calm other angry people.
	Deployment and		The goal of this presentation is to teach military command how to recognize at-risk service members (that is, service members who may engage in potentially dangerous behaviors due to difficulties in coping with military life). It shows the audience what risk factors to look for, lists various examples of risk-taking behaviors, and encourages military command to reach out and build
A Guide for Command	Reintegration	Adult	trust with at-risk service members.
Building a Healthy Marriage	Marriage and Relationships	Adult	Participants in this presentation will learn to create and maintain a healthy marriage through the development of communication skills, conflict resolution strategies and personal boundaries.
Building Resiliency in Children: A Parent's Guide	Children and Youth	Adult	This presentation aims to teach parents how to instill in their children the ability to cope with challenging circumstances, such as the deployment of a parent. Participants will learn how to recognize the characteristics of resilient children; how to form and strengthen bonds with their children; how to build their children's character; and how to teach their children optimism, coping skills, etc.
Challenges Faced by Dual Military Couples	Marriage and Relationships	Adult	When both halves of a couple are in the military, the relationship will have to weather many difficult situations. This presentation highlights the positive aspects of being a dual military couple, the challenges that the couple may face, and the various ways in which they can cope with those challenges.

1	1	,
Children and Youth	Adult	The goal of this presentation is to teach parents how to assist their children during the process of moving to a new home. Highlights of the presentation include the different responses children may have to a move, the unique issues that military children face when relocating, the positive aspects of moving, the "emotional rollercoaster" that children may experience during the transition, typical concerns that children might experience when moving, tips for approaching children about a relocation and assisting them in the transition, and how to know when to seek help for a child from an outside source.
Coping with Separation	Adult	The focus of this presentation is on helping service members understand the difficulties children can experience when it comes to separation from a deployed parent. Topics include the emotional cycle of deployment, developmental issues that may result from a parent's deployment, common stress reactions in children and adolescents, coping strategies that parents can use when approaching their children about their deployment, tips for long-distance parenting, and how to know when to seek help for a child from an outside source.
		This presentation aims to prepare service members for the various ways in which stress may
Deployment and		present itself during deployment, particularly in relation to combat. Topics include possible ongoing stress reactions, how such reactions can affect family members, coping and communication skills, ways family members can show their support, and signs that a service member should seek help
Reintegration	Adult	from an outside source.
Communication	Adult	This presentation focuses on providing participants with communication strategies and guidelines.  Topics include the components of communication, verbal and nonverbal communication, the characteristics of an active listener, tips for communicating over long distances, typical roadblocks to effective communication, and the importance of being assertive.
		This presentation focuses on providing participants with communication strategies and guidelines.
		Topics include the components of communication, verbal and nonverbal communication, the characteristics of an active listener, tips for communicating over long distances, typical roadblocks
Communication	Adult	to effective communication, and the importance of being assertive.
	. to are	This presentation seeks to teach participants how to deal with and resolve conflict, particularly in
Other	Adult	the workplace.
	Coping with Separation  Deployment and Reintegration  Communication	Coping with Separation Adult  Deployment and Reintegration Adult  Communication Adult

	I	I	
			The purpose of this presentation is to teach parents how to resolve conflicts with children. Topics
Conflict Resolution Ages 4			include tips/ground rules for understanding and addressing conflict, communication guidelines, and
12	Children and Youth	Adult	problem solving strategies.
			The purpose of this presentation is to teach parents how to resolve conflicts with teenagers. Topics
Conflict Resolution Ages			include tips/ground rules for understanding and addressing conflict, communication guidelines, and
13-16	Children and Youth	Adult	problem solving strategies.
			This presentation is geared towards adults who need help managing anger, particularly within the
			context of relationships. Topics include defining anger and its warning signs, learning to recognize
	Marriage and		when anger is creating problems, utilizing strategies to help manage anger before it gets out of
Controlling Anger	Relationships	Adult	control, and knowing when to seek help from an outside source.
<u> </u>	·		The focus of this presentation is on helping service members make a smooth transition from
Coping with the			deployment to life back home. Topics include special circumstances faced in the combat zone,
Challenges of	Deployment and		challenges and roadblocks that may hinder successful reintegration, and tips for creating a healthy
Transitioning Home	Reintegration	Adult	transition.
	J		
Coping Strategies for the			This presentation offers a series of strategies to help adults cope with unexpected developments,
Uncertainties of Life	Other	Adult	disappointments, and other situations in which expectations fall short of reality.
			While R&R (rest and recuperation) is meant to be a joyful time, it can also be stressful. The purpose
			of this presentation is to teach participants how to identify common concerns/possible roadblocks
Coping with Challenges	Deployment and		to a positive R&R experience. Subtopics include coping skills, communication guidelines, and tips for
While on R&R	Reintegration	Adult	successful long-distance communication.
	1 110 111		
Coping with Holiday Grief			This presentation's goal is to assist military families in dealing with grief during the holidays.
Before, During and After	Coping with		Objectives include identifying how holidays can impact the grief cycle, practicing coping strategies,
Holidays	Separation	Adult	and learning how to assist children throughout the grieving process.
	- Copulation	7 10.0.10	and realising from to decide simulation and eagliful and great and
			The purpose of this presentation is to teach participants how to deal effectively with change.
			Highlights include coping strategies and guidelines for a smoother transition, tips for adapting to
Coping with Transition	Other	Adult	change, and a group discussion regarding personal responses during periods of transition.
Coping with Hansition	Other	Addit	change, and a group discussion regarding personal responses during periods of digitalition.
			This presentation teaches service members and their families how to deal with the problems that
Coping Skills for the	Deployment and		may be caused by a family member's career in military recruiting. The goal is to provide families
Recruiter Lifestyle	Reintegration	Adult	with coping strategies that will help them navigate the unique challenges of the recruiter lifestyle.
necialiei Lilestyle	Nemitegration	Auuit	with coping strategies that will help them havigate the unique challenges of the recruiter mestyle.

			This presentation focuses on helping participants create a healthy marriage. Objectives include
			discussing the myths surrounding marriage, examining the stages of marriage, understanding the
Creating a Healthy	Marriage and		behaviors that cause/intensify marital conflict, and practicing strategies for creating and maintaining
Marriage	Relationships	Adult	a healthy marriage.
			The purpose of this presentation is to provide parents with the tools to effectively deal with
Developmental Stages 13-			teenagers. Highlights include characteristic behaviors of teenagers, the stages of adolescent
18	Children and Youth	Adult	development, parenting tips and strategies, and guidelines for establishing rules and consequences.
			This presentation's focus is on helping service members prepare for and cope with deployment.
			Topics include things to consider when preparing for deployment and tips for managing separation.
			The presentation also discusses the importance of creating a plan that will help family members
	Deployment and		deal with day-to-day issues (finances, legal questions, personal matters, etc.) without the service
Deployment Survival	Reintegration	Adult	member's presence.
			The purpose of this presentation is to help parents discipline young children effectively. Objectives
Effective Discipline Ages 2	-		include learning the stages of child development, understanding how children think and feel,
5	Children and Youth	Adult	practicing effective methods of discipline, and knowing when to seek help.
			The purpose of this presentation is to help parents discipline older children effectively. Topics
			include recognizing the characteristics of preteen development, maintaining good communication,
			practicing effective methods of discipline, establishing rules and consequences, working with other
			caregivers, taking special circumstances (e.g. the deployment of a parent) into account, and
Effective Discipline for			knowing when to seek help. NOTE: This presentation is also listed at MagellanMFLC.org under the
Preteens Ages 10-12	Children and Youth	Adult	title "Effective Discipline Ages 10-12."
			The purpose of this presentation is to help parents discipline school-age children effectively. Topics
			include recognizing the characteristics of child development, maintaining good communication,
Effective Discipline for			practicing effective methods of discipline, establishing rules and consequences, dealing with
School Age Children Ages			aggressive behavior, working with other caregivers, taking care of oneself in order to better care for
6-9	Children and Youth	Adult	one's children, and knowing when to seek help.

Effective Discipline Ages 13-17	Children and Youth	Adult	This presentation addresses the importance of effectively disciplining teenagers. Objectives include recognizing the characteristics of teenage development, maintaining good communication, practicing effective methods of discipline, establishing rules and consequences, working with other caregivers, taking special circumstances (e.g. the deployment of a parent) into account, and knowing when to seek help.
			Deployment requires service members to adapt to new environments, including changes in the
			length of days and nights. This presentation aims to prepare service members for these changes.
Effects of Extended	Deployment and		Topics include coping strategies, the possible effects of extended periods of sunlight and darkness,
Daylight and Darkness	Reintegration	Adult	and the reasons these effects may occur.
Emotional Eating	Other	Adult	The focus of this presentation is to aid participants in developing and maintaining healthy eating habits. Objectives include defining mindful eating, practicing steps to maintain mindful eating habits, learning how to identify hunger, and incorporating mindful eating into one's daily routine.
Family Reunion	Deployment and Reintegration	Adult	This presentation aims to prepare service members and their families for the reunion that will occur when the service member returns home. Topics include the difference between a homecoming and a reunion, objectives and expectations, the importance of communicating reunion expectations during deployment, the changes that may occur in intimate relationships, strategies for dealing with change, and tips for communication and readjustment.
From Combat to Home	Deployment and Reintegration	Adult	This presentation's goal is to prepare service members for the challenges they will face as they transition from deployment. Topics include the benefits and difficulties of military life, the possible challenges that service members and their families may face during the reintegration process, and strategies for overcoming such challenges.
From Couplehood to Parenthood	Marriage and Relationships	Adult	This presentation aims to prepare parents for the transition into parenthood. Topics include ways parents can expect their lives to change after the arrival of a child, possible causes of conflict between new parents, techniques for avoiding conflict before it escalates, tips for making a smooth transition, and strategies for dealing with the deployment of a new father.
Healthy Relationship Skills	Marriage and Relationships	Adult	This presentation teaches single people how to prepare for a relationship. Objectives include clarifying one's expectations and priorities in a relationship, choosing the right person to enter a relationship with, understanding the right reasons for entering a long-term relationship, and practicing strategies for choosing and developing a healthy relationship.

Helping Children Cope with Post Deployment Issues	Children and Youth	Adult	The goal of this presentation is to teach parents how to help children through the reintegration process after a parent returns from deployment. Topics include the concerns children may have concerning a parent's return, guidelines for good parent/child communication, what parents can expect from children of different ages, what parents can do to enhance child resiliency/help children through the reintegration process, and how to recognize when it is time to seek help from an outside source.
Helping the Service Member Reconnect with Their Child	Deployment and Reintegration	Adult	This presentation focuses on teaching spouses/partners how to support returning service members in reconnecting with their children. Topics include possible reactions children may have to a parent's return from deployment, strategies for helping parents and children reestablish a relationship upon the service member's return, and tips for establishing (or reestablishing) a parental partnership.
Homecoming and Reunion	Deployment and Reintegration	Adult	This presentation aims to help military families understand how to navigate a service member's homecoming. Topics include the adjustments family members may experience during the service member's deployment, the changes that may have resulted, things to consider when planning for a reunion, things to expect during the reunion process, potential roadblocks to a successful reunion, goals for the relationship/family, and homecoming tips.
			The goal of this presentation is to help parents navigate the grieving process with their children.
			Topics include the stages of child grief; children's concepts, perceptions, and beliefs; common emotional and behavioral responses in children and adolescents of varying ages; and how parents
How Children Grieve	Grief and Loss	Adult	can help children through their grief.
			The focus of this presentation is on helping parents introduce a new baby to their other children.  Objectives include accommodating developmental considerations when introducing a new baby to his/her siblings, understanding a child's reaction to a new sibling, and preparing a child for his/her
Introducing a New Baby	Children and Youth	Adult	new sibling,
Issues Families Face			This presentation addresses deployment-related stress for service members, spouses, children, and
When the Military	Deployment and		parents. Topics include stressors for each group, symptoms of deployment stress, and coping
Deploys	Reintegration	Adult	strategies.
			Objectives for this presentation include maintaining a good work/life balance, identifying stressors,
Life in Balance: Relaxation			recognizing the signs and symptoms of stress, practicing stress management strategies, reducing
and Stress Relief	Reintegration	Adult	overall stress, and developing relaxation skills.

	I	1	
Making Marriage Work after Deployment	Marriage and Relationships	Adult	This presentation focuses on marital issues that may result from deployment. Topics include typical pre-deployment marital issues, changes that may occur in each person as a result of deployment, the challenges of reuniting and adjusting to life post-combat, and tips for maintaining a stable relationship throughout the deployment/reintegration process.
Maintaining a Healthy Marriage During Deployment	Marriage and Relationships	Adult	This presentation addresses the challenges a marriage may face during deployment-related separation, ways to protect and strengthen the marriage during deployment, ways to practice effective communication and conflict resolution, and things the spouses of deployed service members can do to promote their personal growth during deployment.
Matri-Money: Money and Marriage	Marriage and Relationships	Adult	The purpose of this presentation is to address financial concerns that may present challenges to married couples. Objectives include exploring emotional connections to financial matters, utilizing goal setting strategies, and practicing effective communication.
Mission Based Marriages	Marriage and Relationships	Adult	This presentation is driven by the idea that a marriage should be focused on a specific vision of the future. Objectives include defining the beliefs and values that give meaning and direction to marriage, understanding what the family does and where it's going, knowing the steps required to achieving goals for the family, utilizing strategies for strengthening and protecting the marriage, and practicing effective problem-solving techniques as a couple.
Mortuary Affairs and Grief	Grief and Loss	Adult	The families of service members aren't the only ones who might have problems coping with the death of a service member. This presentation is aimed at those who work in Mortuary Affairs for the military. Topics include positive aspects and challenges of the job, effects on personal stress, symptoms of grief, the "compassion fatigue" phenomenon, and coping strategies.
Nature and Prevention of Bullying - Bully Busting Activity Instructor's Guide	Children and Youth		This guide summarizes an activity that has been modified from Bully Busters, a programmed published curriculum to address bullying. The activity is designed for children in grades 1-8. Lessons include how to define a bully, how to recognize bullying behavior, how to reduce the likelihood of being a target, and how to judge whether they should handle bullying on their own or ask for help from a caregiver.
Overcoming Test Anxiety	Other	Adult	This presentation will help participants learn to recognize, cope with, and reduce the symptoms of test anxiety.

			This presentation focuses on helping parents communicate effectively with their children. Topics
			include the benefits of effective communication, typical developmental issues for various age
			groups, ways to help children process their feelings, basic principles of effective parent/child
Parent/Child			
<u> </u>		الماريات	communication, how to communicate during conflict, and tips for discussing deployment with
Communication	Children and Youth	Adult	children.
			This presentation's goal is to help single military parents develop effective parenting skills. Topics
			include how to resolve the guilt that single parents often experience, the positive aspects of being
			single in the military, guidelines for disciplining children and establishing rules/consequences, tips
			for communicating during conflict, how to address various deployment-related issues, techniques
Parenting Skills for the			for effective long-distance parenting, positive aspects of separation, and strategies for building a
Single Service Member	Children and Youth	Adult	support network.
			This presentation aims to teach parents how to deal with teenagers. Topics include the
			characteristics of teenage development, components of the parent's role in a teenager's life,
			communication challenges and tips, strategies for effective discipline, and ways to address
Parenting Teenagers	Children and Youth	Adult	deployment-related issues.
			This presentation seeks to help service members prepare for the risk-taking behaviors that may
			present themselves during the reintegration process. Objectives include defining, recognizing, and
Post-Combat Risk-Taking	Deployment and		understanding risk-taking behaviors; understanding the phenomenon of "post-combat invincibility";
Behaviors	Reintegration	Adult	and strategies for a successful transition from combat to civilian life.
			This presentation focuses on helping single service members prepare for the deployment process.
			Objectives include developing and maintaining support networks, creating a deployment plan,
			staying connected with friends and family, educating friends and family on various aspects of
			deployment, ensuring that important items are left in safe hands during deployment, preparing
Pre-Deployment and the	Deployment and		emotionally for deployment, finding mentors who can provide experience and wisdom, recognizing
Single Service Member	Reintegration	Adult	the differences between independence and isolation, and strategies for making good decisions.
Duin simles for the althor			This presentation for some on towing such on the principal of many and attitudes to send a state of the
Principles for Healthy	NA - mis		This presentation focuses on topics such as the origins of personal attitudes towards relationships,
Relationships and	Marriage and		the characteristics of a healthy relationship, the importance of positive self-esteem, the stages of
Marriages	Relationships	Adult	marriage, tips for writing love letters, and tools for building a healthy relationship.

			Topics covered in this presentation include the definition of divorce, the stages of grief/loss,
			possible physical and emotional reactions to divorce, coping strategies, tips for discussing a divorce
	Marriage and		with outside parties, techniques for discussing divorce with children, and recommendations for
Recovering from Divorce	Relationships	Adult	navigating divorce in a healthy way.
			This presentation seeks to aid parents in helping their children through the redeployment of a
			family member. Topics include the emotional cycle of deployment; the stages of deployment; what
Redeployment Issues for			to expect during the deployment process; typical physical, emotional, and behavioral responses in
Children	Children and Youth	Adult	children; the stages of child development; and strategies for a successful transition.
			Topics covered in this presentation include the importance of the reintegration process,
			reintegration checklists for soldiers in various family/living situations, the various challenges
	Deployment and		involved in adjusting to role changes after deployment, common post-deployment reactions, and
Reintegration	Reintegration	Adult	positive and negative coping mechanisms.
Reigniting the Passion	Marriage and		This presentation focuses on strategies for rebuilding and maintaining an intimate connection after
After Deployment	Relationships	Adult	a spouse/significant other returns from deployment.
			The goal of this presentation is to prepare the families of service members for the reintegration
			process. Topics include common problems associated with return from deployment, issues that may
Reintegration Challenges			occur if a divorce was initiated during deployment, the phases of reintegration, myths and
for the Single Service	Deployment and		misconceptions surrounding reintegration, and guidelines for supporting a service member during
Member	Reintegration	Adult	the reintegration period.
Responding to Toddlers			Topics covered in this presentation include reasons children might bite and hit, the normalcy of
Who Bite and Hit	Children and Youth	Adult	biting and hitting, and strategies for curing a child of such behaviors.
			The purpose of this workshop is to help military spouses through the process of reuniting with a
			service member. Objectives include understanding what each party has experienced during the
			service member's deployment, planning for the reunion and its aftermath, recognizing potential
Return Reunion	Marriage and		roadblocks to a successful reunion, establishing goals for the post-deployment relationship, and
Workshop for Spouses	Relationships	Adult	practicing techniques for a successful homecoming.
			Topics covered in this presentation include expectations for reunion/reintegration, the phases of a
Reunion: It's a Process,	Deployment and		typical reunion, effective communication strategies, tips for a successful reunion, and techniques
Not an Event	Reintegration	Adult	that can aid in a smooth transition.

Reunion Briefing	Deployment and Reintegration	Adult	The goal of this presentation is to help service members understand the reintegration/reunion process. Topics include the importance of reunions, common reactions to reintegration, changes that may result from deployment, positive coping strategies, potential roadblocks, and tips for a successful reunion.
Reunion Briefing	Reintegration	Addit	successful reunion.
Sibling/Parent Relationships: Building Healthy Relations	Children and Youth	Adult	This presentation addresses family relationships. Topics include different types of relationships, unique characteristics of sibling relationships, ways a marital relationship can affect the children of the marriage, and strategies for managing conflict between siblings.
	Deployment and		This presentation covers the emotional cycle of deployment, the phases of deployment, and tips for
Stages of Deployment	Reintegration	Adult	successful reunion/re-entry.
Strengthening Parenting Practices	Other	Adult	The goal of this presentation is to provide parents with the tools to build strong and resilient family relationships, particularly during deployment, reintegration, and similarly stressful situations.
Stress During the Holidays: Maintaining Balance and Stress			This presentation aims to guide service members and their families manage the unique stressors that are often associated with holidays. Objectives include recognizing the signs and symptoms of stress, defining holiday expectations, avoiding the "holiday blues," practicing stress management techniques, and utilizing strategies to guide children through the holidays with minimal stress to all
Resilience	Other	Adult	parties.
Stress Management	Other	Adult	Topics covered in this presentation include the signs, symptoms, and effects of a stress response; possible sources of stress; the types, levels, and stages of stress; and coping strategies for managing stress.
Stress Reactions and Coping Mechanisms: Honor Guard	Other	Adult	This presentation focuses on helping Honor Guard members cope with the unique stressors that are often associated with the job. Objectives include knowing possible sources of stress, understanding the ways that stress can affect families and relationships, and recognizing stress reactions.
Supporting the Bereaved at Home and Down Range		Adult	The goal of this presentation is to teach people how to comfort the bereaved. Topics include the stages of grief, physical and emotional reactions to grief, the characteristics and effects of survivor's guilt, tips for helping grieving people, and special considerations for when the bereaved is a long distance away.
Survivor's Guilt	Grief and Loss	Adult	Objectives for this presentation include understanding the symptoms and effects of survivor's guilt, developing coping strategies, and utilizing tips for helping children and adolescents recover.

Talking to Parents:			
Effective			This presentation focuses on helping caregivers establish a healthy relationship with parents. Topics
Parent/Caregiver			include the components of a healthy parent/caregiver relationship, tips for discussing difficult
Communications	Caregivers	Adult	issues, and strategies for effective communication.
			The goal of this presentation is to equip teachers with the tools for handling conflicts between
			children. Objectives include recognizing the importance of friends in a child's life, understanding the
Teaching Children How to			caregiver's role, knowing the various types of uncooperative behaviors, utilizing tips for teaching
Get Along: A Teacher			children how to get along, developing problem solving skills, setting rules and consequences, and
Guide	Caregivers	Adult	effectively disciplining aggressive behaviors.
			This presentation covers the various stages involved in pre-deployment, deployment, and
The Emotional Cycle of	Deployment and		reintegration. Focuses include the emotional impacts of deployment, possible effects of the
Deployment	Reintegration	Adult	deployment phases, and coping tips.
The Military Spouse:			
Commander and Chief on	Marriage and		This presentation focuses on the accomplishments, challenges, and sacrifices involved in the life of a
the Home Front	Relationships	Adult	military spouse.
Three C's of			This presentation seeks to help participants improve verbal and nonverbal communication through
Communication	Communication	Adult	the use of the "Three C's" (communication, collaboration, and commitment).
Tips for Teachers:			This presentation is focused on providing teachers with the tools to help children through a parent's
Working with Children			deployment. Topics include signs of difficulty coping in both children and parents, as well as tips that
During Deployment	Caregivers	Adult	will help teachers minimize children's stress.
Transitioning to Civilian	Deployment and		Focuses of this presentation include common struggles involved in transitioning from military to
Life	Reintegration	Adult	civilian life, stress management techniques, and tips to help attain a smoother transition.
Trauma and Children: A			
Guide for Helping			Topics covered in this presentation include fears children may experience, typical reactions to
Children Manage			trauma, strategies for helping children cope, tips for talking to children, and trauma reactions that
Traumatic Events	Children and Youth	Adult	may require professional help.
			This presentation focuses on teaching caregivers how to help others deal with grief. Topics include
			the components of grief; common physical, emotional, psychological, social, and spiritual reactions
Understanding Grief			to loss; tips for comforting the bereaved; characteristic grief responses of various age groups; and
Education for Caretakers	Caregivers	Adult	the importance of self-care in minimizing caregiver stress.

Welcome Home:			This presentation's purpose is to teach service members how to reconnect with their children upon
Reconnecting with Your			returning from deployment. Objectives include knowing what to expect from children of various
Child	Children and Youth	Adult	ages and tips for reestablishing the parent/child connection.
When a Parent Deploys (Ages 2-5)	Children and Youth	Adult	Topics covered in this presentation include relevant developmental issues, common stress reactions to deployment, techniques for preparing children for deployment and separation, tips for talking to children about deployment, ways to help children cope, and coping strategies for caregivers.
When a Sibling Deploys	Children and Youth	Adult	This presentation's goal is to help the siblings of service members cope with their deployment.  Topics include the characteristics of sibling relationships, what to expect when a sibling deploys, the effects of stress, coping strategies, ways to stay connected to the deployed sibling, self-care tips, and the positive aspects of a sibling's deployment.
A Children's Guide to Coping with Disasters	Children and Youth	Child/Y	This presentation will assist counselors in providing children with strategies for coping with disasters. Children will learn what disasters are and how they affect people. The presentation also teaches children what they need to know about dealing with disasters (e.g. what kind of emotions they may experience) and what strategies they can use to cope with the aftermath. The coping strategies introduced in this presentation are applicable in a variety of disaster situations.
Challenges of Changing Schools	Children and Youth	outh	This presentation focuses on helping students make the transition to a new school. Topics covered include the positive aspects of changing schools, tips on making the transition easier on all parties, strategies for forming new friendships, and ways to prevent declines in academic performance.  Participants in this presentation will provide participants with communication strategies and guidelines. Topics include understanding emotions, nonverbal communication, communication
Communication for Teens	Communication	Child/Y outh	guidelines, listening skills, roadblocks to good communication, and the characteristics of a good communicator.
Conflict Resolution for Middle School	Children and Youth	Child/Y outh	The purpose of this presentation is to teach adolescents how to resolve conflict. Topics include the characteristics of conflict, the various ways people typically handle conflict, tips/ground rules for understanding and addressing conflict, communication guidelines, and problem solving strategies. The presentation concludes with a series of questions to encourage discussion from participants.

			This presentation focuses on helping children and adolescents prepare for a parent's deployment.
			Topics include things to expect during deployment, positive aspects of deployment, characteristics
Preparing for Your	Deployment and	Child/Y	of deployment-related stress, coping strategies and resources, tips for staying connected with the
Parents' Deployment	Reintegration		deployed parent, and the positive aspects associated with a parent's deployment.
			This presentations aids teenagers in developing healthy relationships. Focuses include tips for
Relationship Tips for		Child/Y	making dating a positive experience, ways to recognize possible abuse, and the varying degrees of
Teens	Children and Youth	outh	lust and love.
Stress Management for		Child/Y	This presentation focuses on helping teenagers manage their stress. Topics include the signs and
Teens	Children and Youth	outh	symptoms of stress, possible sources of stress, and coping strategies.
		Child/Y	The purpose of this presentation is to provide children and youth with tips for keeping journals and
Summer Camp Journal	Children and Youth	outh	writing letters to their parents during summer camp and other times of separation.
			This presentation focuses on helping teenagers understand and cope with peer pressure. Objectives
			include understanding peer pressure and why adolescents often give into it, knowing the
			differences between spoken and unspoken peer pressure, recognizing peer pressure tactics, utilizing
Teens and the Power of		Child/Y	strategies for standing up to negative peer pressure, and realizing that peer pressure can sometimes
Peer Pressure	Children and Youth	outh	be a positive thing.